MEALTH AND STRENGTH' A Source of Happiness

Optometrists

They make a scientific examination of the eyes and sure accurately the visual powers.

Glasses are applied when they improve vision.

The recognition of the importance of this work has led to State laws regulating the profession and protecting

Consult a registered Optometrist for all optical

CIETY OF THE CITY OF NEW YORK

SOME MILK SHAKE THIS! 4,000 QUARTS FLOW IN **W**EST STREET GUTTERS

Health Inspectors Dump Out

Big Consignment Because

It's Too Warm.

The New York Milk Committee,

proof, it is necessary that it be kept

tood, or germs multiply so fast in-

The shipment that was thrown

away this morning was received to

the Jersey City freight yards of the

Eris Railroad. Inspector J. J. Lyons

of the Health Department met it

there, tested it and then wasted it.

It was consigned to the Reid Ice

Cream Company of Brooklyn. Chief Investigator John F. Gordon of the

Milk Committee was the moving

Some of the milk registered 72 de

spirit in the campaign.

fants' stomachs cannot digest it.

and Figure

BY PAULINE FURLONG

A New Series of Illustrated Lessons, Showing How Every Woman May Have an Inexpensively Equipped Gymnasium in Her Own Home.

NO. 14 MEDICINE BALL.

Another beneficial game with our 10-cent hall is illustrated to-day. There are no hard and fast rules for the game of medicine ball. The one a be professional gymnatiums is a corp heavy, large, round, leather the while reducing.

To merrow I will tell you about that is handled with difficulty by men with considerable of lave seidom seen this game included in by women, but all of lave seidom seen this game included in by women, but all of lave seidom seen this game included in by women, but all of lave seidom with the same ball described to day. used in the professional gymnatiums is a cory heavy, large, round, leathercovered bull that is handled with difficulty by men with considerable the exercises may be practised with the tail that I am showing and have already described, without danger of evertaxing your strongth.

In the regulation exercises with the medicine ball, it is thrown from which works with the Department of one person to another from various standing, lying and stooping post-Health, has shown the high summer tions and is caught by the opposite player in about the same manner. To tofant mortality to due to the fact day's illustration shows you the beginning of a game of medicine ball, and that certain retailers allow their from this position you may throw it to your partner, who catches it in milk to grow too warm. When milk a similar one. Many beneficial bends and twists may be taken in this



HOME GYMNASIUM FOR WOMEN

To Preserve Health, Strength

is pasteurized and so rendered serm- game, and ich minutes of it will tire you out completely,



Woman Helpless for Years From Rheumatism Devised Ropes Rigged From Ceiling to Lift Her From Bed.





us that she was Mrs. Cheney. "So you came to see me about my case; weryone in Moosup is talking about it, and I am not surprised, for I have been an invalid a long time.

"I suffered from rheumstism of the joints for five years. I believe every joint in my bouy was affected. My hands, wrists, knees, feet were swellen from a chalky deposit and I was helpless. Physicians wanten to operate on me and try to remove the deposit. My legs were drawn up that they could not be straight.

better and my strength began to return, and my strength began to return. There is hardly a person in this have failed. Varne-sis does not contain salicylates, iodides, colchicum or the usual drugs so often given, but is composed of roots, herbs and barks. No rheumstic can afford te ignore varne-sis.

Send to W. A. Varney, Lynn, Mass., for the newspaper devoted to rheumatics.

Get Var-ne-sis now, to-day, at Riker-Hegeman and other reliable druggists, that Mr. Varney might be long spared to we form his wholesaler or send to w. A. Varney, Lynn, Mass.—Aavt.

The WORLD Sells 100,000 Copies More in New York City Each Week-Day Than Any Other

Morning Newspaper

The little town of Moosup, Corn, stuated a few miles from Providence, is all agog over what they consider and in the bed was agony unbearable. For one year I did not leave the bed without assistance. How helpless of me of their town's people, Mrs. Fanny & Cheney.

Hearing of the story, several people from Boston, Mass., journeyed to the village to get the facts direct. There was no difficulty in finding Mrs. Cheme, and the story is home, as it was pointed out insmediately on inquiry.

A lady perhaps some fifty odd years for, Mrs. Cheney, and good-naturedly informed up that she was Mrs. Cheney, smilingly invited in and good-naturedly informed up that she was Mrs. Cheney, smilingly invited in and good-naturedly informed up that she was Mrs. Cheney, "Form an absolutely helpless cripton and strengthens the wast and stornach and stirs the torpid liver to action. WILL HELP TO increase and as far back as you can mean to know about the means of helping other sufferers. In fact, I am a lavary glad to hear from any reduces and strengthens the waist and stornach, and stirs the torpid liver to action. WILL HELP TO increase the wast to the term of the wast to the torpid liver to action. WILL HELP TO increase and as far back as you can. There's called, for it may be the means of helping other sufferers. In fact, I am always glad to hear from any requirement, and stirs the torpid liver to action. WILL HELP TO increase and as far back as you can. There's called, for it may be the means of helping other sufferers. In fact, I am always glad to hear from any requirement, and the strengthens the waist and stornach, and stirs the torpid liver to action. Will the heady suffered and when the heady sufferers and let them know as trengthens the waist and stornach. This exercise, like all of the body bending ones, reduces. There's called, for it may be the means of helping other sufferers. In fact, I am always glad to hear from any requirement, and the sufferer and stornach and stirs the torpid liver to action. This exercise, like all o



MEDICINE

BALL.

Another good exercise with this ball

is to allow your partner to throw

the ball to you, while you assume a

perfectly flat position on the floor.

You then catch the ball, or rather

stop it, with the soles of your feet

with force enough to return it to the

one who sent it. Do this exercise

about ten times a day and you will

lose many pounds of superfluous flesh

a very strenuous exercise when

played with the regulation heavy

Another beneficial play with this

ball is to assume the position illus-

trated by me to-day, and from this

one bend the body, keeping the knees

rigid, and pass the ball between the

medicine ball.



ofter you have best to each side. Do this at least ten times. The side twisting and bending are beneficial ascretons for tadigration, constituincreasing the beight.

I will again warn my readers not to be too strenuous about practising the exercises, and I want you to make them a brief daily duty, rather than a constant tag and strain on your time and strength. This may seem abourd to some of my readers, who out of ten women have to be atimuinted in their desires to take exerciaes, rather than cautioned not to
take them. Nevertheless, I know
from some of my correspondence that
several of my readers are so determined to take off weight in a short
space of time that they are overdoing
the exercises, and this will surely
take away all of the good effects of
those moderately indulged in. You
chould not less more than two pounds
a week, if you want to keep in good
lessith while reducing.

Readers of Miss Furlong's articles are invited to write to her, in care of The Evening World, requesting information that will aid them in following her illustrated

Letters From Evening World Readers Following Miss Furlong's Lessons.

JULIA C. (Yonkers) writes: "T take the liberty of writing you to let you know how beneficial your exerclees have been to me. When I first started them I weighed 163 and now weigh only 139 pounds, and feel so much better. Please let me know if I should continue doing them, and also if I should take the measure-ments of hips and bust without clothes."

I am pleased to learn of the re-I am pleased to learn of the re-suits the exercises have brought you. As you did not tell me your height I am not able to tell you just what you should weigh. However, by all means continue the exercises, for health's sake, even if you do not want to lose weight. The exercises may be less atrenuous than when you were practising them to reduce. Yes, take the measurements without any lothes on.

PAULA M. (Pittsburgh) asks: What will remove moles? Please

tell me how to make stiff unruly eye-brows lay flat?"

The electric needle will remove moles permanently. Stiff brows may be held in place with a little bando-line applied to them on a small tooth brush Lam giving you the formula brush. I am giving you the formula

for bandoline:
Place one-half an ounce of flaxseed
in ten ounces of water (hot) and boil
very gently fifteen minutes. Strain
and add twelve ounces of rose or
orange flower water and two ounces
of alcohol. This preserves the mixture.

"OO-y! My Corn-n!" H-m, Use "Gets-It"

Then You'll Have No Corns to Bump! Your Corns Will Gome "Clean Off," Quick!

Did you ever see a corn peel off after you've used "Gets-It" on it? Well, it's a moving-picture for your life! And you hardly do a thing to it. Put a little



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Our New Booklet. MAILED FREE.



3-Piece Library or Living Room Suite, massive frame, mahoga finish, highly polished, upholatered seats, back and arms in genuine Spanish leather; indestructible springs in

ABRAHAM AND STRAUS

BY SUBWAY -25 Minutes from 90th Street, 22 Minutes from 72d Street, 17 Minutes from Grand Central, 9 Minutes from Brooklyn Bridge to A. & S. Subway Entrance, HOYT STREET. Store Opens at 9 A. M. Closes at 6 P. M. Daily

Thursday Thrift Sale

WHILE THE ANNOUNCEMENT is, in itself, sufficient to bring the crowds flocking to this store Thursday, we feel that we cannot emphasize too strongly the remarkable values these items offer-the worth-while economies in fresh, new seasonable goods that await YOU.

THE THURSDAY THRIFT SALE is without doubt the greatest and biggest value-giving weekly event held in the Greater City. Many thousands of satisfied patrons will corroborate this statement.

Women's New | \$7.95 Fall Coats

In the new "Military Cloth" in the tan shade, hip length; velvet collar to match; smartly braid trimmed and bound. A wonderfully clever Coat at this remarkable price.

At \$10.95. Others, mixtures in checks and tweeds on smart flare lines; some fitted or belted Large patch pockets; ciever new collars; three-quarter length; mannish finish. 34 to 44 bust.

Second floor, Central Building.

Women's \$5.50 Stylish Dresses

STRIKING VALUES IN women's new Autumn Dresses. Remarkably pretty and practicable Dresses; ready for wear at about the cost of home dressmaking.

At \$5.50. A stunning Dress of silk poplin. Waist is finished with strips of black chenille, collar of white silk poplin. Circular skirt with imitation pockets. Band of cording above hem. Peacock, navy, brown, green and black. Sizes 34 to 46.

At \$6.98. A clever model in serge. Russian blouse fin-ished with silk embroidery at throat. Black satin girdle and sash. Skirt is accordion pleated. Navy, green, brown and black. Sizes 34

At \$8.98. A wonderful group of silk poplin and serge. Also a few sample models in serge and slik combina-An assortment of

street shades. Second floor, Central Building

Women's Fall \\$3.95

NEW TAILORED SKIRTS for Fall. Materials are tweeds, mixtures and serges. There are six distinct styles. One style has pointed yoke

back and front, long side pockets fastened at side, deep pleat each side, and trimmed with buttons.

Another style three gore, pleat down front, lap pock-ets and tailored band. Waistbands, 24 to 30 inches; lengths, 38 to 42.

Bath Mats 35c Usually 49c 75c BATH TOWELS.

49c each. An odd lot of colored Bath Mats and Towels subject to slight Imperfections which are in no way detrimental to the wear. Hemstitched and embroidered

Irish linen Squares and Scarfs, one pretty design, at half regu-

Squares

31x31	in\$1,35 each	
39339	Ill each	
	Scarfs	
18x36	in \$1.19 each	
18x45	in \$1.35 each	
18X54	in	
18x72	in \$1.70 each	
Street flo	or, Livingston street, East Bidg.	

Fine Sunfast | 98c Pr. Madras Curtains

OTHERS UP TO \$2.89 a pair. Just 500 pairs of Curtains to be

Misses' Serge & \$7.98 Silk Dresses

SMART AFTERNOON DRESSES made in a girlish model with a cluster pleated skirt, bodice of plain taffeta or a combination of plaid and serge. Turnover collar of slik. Sizes 14, 16 and 18

Girls' and Misses' \$1.00 Middy Blouses, 79c

This special purchase of Blouses in all white Jean, some with collars of contrasting colors. Three-quarter or full length sleeves. Sizes 10 to 18

Second floor, Central Building.

Women's \$2.96 Sweaters

MADE OF MERCER-IZED Thread, box coat style. V-neck and pockets, finished with sash. Rose, Copenhagen, green and Delft. Trimmed with border in white.

\$1.98 Waists, \$1.29 Several styles taken from

our regular stock. All sizes in the lot but not in every model. Becond floor, Central Building.

\$1.50 American 79c Lady Corsets

MADE OF FINE white coutil. Medium low bust and long hip line.

\$3.50 R. & G. Corsets, \$1.59 Made of white batiste. Me-dium low bust model, long sloping hip line. Well boned.

\$2.00 Rengo Belt Corsets, \$1.29

Designed for stout women. dium low bust, well boned, white coutil. Second floor, Fulton street, East Bidg.

Cut Glass | 98c Jelly Dishes

USUALLY \$1.49. Sparkling pieces of perfect crystal, handsomely cut in a combination of chrysanthemum, fan and other fine designs and finished with deep scallop edge.

Boudoir or Desk Clocks, 75c

Large variety of pretty finished Clocks, one-day guaran-teed movement and 2-inch dial. Sabway floor, Central Building,

\$4.00 Oliver \ \$2.95 AND \$5.95 TO \$12.50

SUITS at \$3.95 and \$4.95. About seventyfive handsome little Suits marked at prices that should disperse them quickly. Quite a variety to choose from but in many instances there are but one and two of a kind. There are brown and navy serges, black and white shepherd checks and velveteen and corduroy in various colors and combinations. Some of the serges and checks have a separate jacket which practically means two styles in one. Sizes 3 to 7 years.

\$5.00 Juvenile Suits, \$3.95 Tommy Tucker Suits in

pretty mixtures and plain Finely tailored finished with extra collar and cuffs of white rep. Sizes 3 to

Untrimmed Hats \$1.95 Women's

trimmed Hats, excellent quality. All the season's best shapes, including medium and high crowned effects, Tricornes, Turbans and a great variety of Sallors. Grosgrain or French

From the best makers in Paris; Daniels, Lear, Stoffel, Bibollet and every maker of worth in America. OTHERS AT \$2.95.

Millinery Trimmings Our own importation of beautiful metallic effects, bead-

ed ornaments and bands, old gold and silver effects in ornaments and roses. Soft Autumn shades in flowers, fancy feather noveltles and wings, ostrich plumes and fancies, bands and

Ostrich Plumes, \$1.95 and \$2.95

Special offering of French curied plumes in all the new Fail colorings, such as the new flag blue, peppermint green, Garlbaldi red, purple, seal brown, sand, army gray, old rose and pink. These plumes have very wide heads and good quality stock, Street floor, centre, East Building.

Children's 49c 25c Umbrellas at

FIVE HUNDRED OF THESE Children's Umbrellas made of good fast black material with natural wood handles. Guaranteed fast black and for one year's wear.

Street Goor, Central Butlittee

All-Wool Taffeta 69c

Usually 98c Yd. 42 INCHES WIDE light weight Fabric for dresses firmly woven in seal, taupe, olive, myrtle, burgundy, cadet, reseda, navy blue and black.

98c Navy Blue and Black Storm Serge, 79c Yd. Sponged, shrunk and spot-proof; 48 inches wide; all wool; in three of the fashionable navy blue shades and a rich black.

\$1.25 Black Chiffon Panama, 79c Yd. All wool; 54 inches wides deep crow black. Colored: Street floor, West Bids. Black: Street floor, Livingston street. Central Building.

Bath Robe \$2.59 Blankets

FINE SHOWING OF Bath Robe Blankets with frog and girdle. Exceptional value. \$2.50 Comfortables.

\$1.75 Each Full size figured silkoline covered cotton filled Com-fortables, with 8-inch mult borders in green and yellow

\$2.19 Bedspreads, \$1.79 Each Large size white crochet Bedspreads, hemmed. Good

patterns. Subway floor, West Building.

Hemmed Sheets 32c Usually 37c Each

HEMMED BLEACHED muslin Sheets, size before hemming, 2x21/2 yards, with neat center Scam, At 53c each. Heavy round

thread bleached muslin Sheets, 21/4 x 21/2 yards. Usually 59c each. At 9c each. Hemmed

45x36 Inch. Subway floor, West Building.

sold Thursday at half bleached muslin Pillowcases, 3'Ave.Con.84"St. Third floor, Central Building. S years. Second floor, East Building